



Motivational Interviewing Strategy Worksheet

This worksheet is practicing different Motivational Interviewing micro-skills or strategies on how to respond. There is no right or wrong answer, just think through strategically what would be the best approach. You might find your MI Rainbow sheet or Focus mountain sheet helpful for this worksheet. Read each statement, circle the strategy that seems best to you-and then write your response.

- 1.) CLIENT Statement: This is not my fault, it was my supervisors' fault that we are even in this problem in the first place. If they would have just listened to me. It's not my job to track everyone down. Guess we just have to wait and see how it plays out, until the supervisor fixes it.

Possible strategies:

- Evocative open-ended question
- High Empathy
- Double sided Reflection
- Affirmation of strengths/abilities
- Focus on their values
- Expand on Importance to Change
- Summarize
- Scaling question
- Partner by sharing information
- Other Strategy

Your Response:



2.) CLIENT Statement: “Yeah it’s something that really weighs on me, because I want to be healthier-I don’t want to stress about what I’m eating and I want my body to function well so I can live on into my 80s+. I know managing my diabetes is important, I just get so busy and then I eat what I eat.”

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Your Response:

3.) CLIENT Statement: “I’ve decided it’s time to change, I can’t continue long term like this-I need work, I need to support my family, it’s important. I’m just looking for the “right” job now. I don’t want to just do anything, it’s got to be the right job.”



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